

Coping With Seasonal Affective Disorder

10 STEPS

- 01** Invest in a therapy light.
- 02** Take a walk when the sun is the brightest.
- 03** Take vitamin D supplements.
- 04** Get enough sleep. Develop a bedtime routine that is comforting and relaxing.
- 05** Take 5 minutes to meditate. When you find yourself getting distracted, bring your attention back to your breathing.
- 06** Avoid isolation. Invite a friend for coffee or a nature walk.
- 07** Journal 3 activities that make you happy and do at least one of those activities.
- 08** Develop a routine to help build structure to your day.
- 09** Eat healthy meals.
- 10** Ask for help. Consult with a therapist experienced with treating seasonal affective disorder.